**Exercise of the Week**

**Week One**

**The Drawing-In Maneuver**

**The main objective: To stabilize the spine.** This is first of a series of core stabilization exercises that are design to activate and strengthen the muscles that stabilize your core. It is essential that you learn how to correctly do this exercise before going to the next week’s core stabilization exercise.

Learn and implement the drawing-in-maneuver.

1. Gently contract your navel towards your spine

2. Gently squeeze your buttock

3. Tuck your chin in and contract your head and neck backward.

4. Hold these muscular contractions for six to twenty seconds.

Tuck chin and

contract head and neck back

**Draw your navel**

**towards your spine**

🡻

🡻

**Squeeze buttock muscles**

Learning and implementing the drawing-in maneuver into your daily, recreational and sporting activities will help reduce your chances of experiencing low back pain. Remember to gently contract your abdominal and buttock muscles between six to twenty seconds.

**Benefits of activating your core stabilizers.**

**Alleviates Back Pain:** Core stabilization exercises can help reduce discomfort; and improve mobility and support for the spine in people with both acute and chronic low back pain.

**Improves Posture:** Core stabilization exercises can improve your posture and decrease your risk of disc herniation and vertebrae degeneration.

**Better Athletic Performance:** Your core is the link between your upper and lower body, it is what allows a golfer to swing the club to strike his golf ball, or a tennis player to serve and optimize her racquet speed. It’s critical to sports performance.

**Improved Balance:** Poor posture is a complicated condition, but lower body weakness, vestibular dysfunction and neurological deficits are often contributing factors. Studies have shown that dynamic balances improves as your core stabilization increases.

**Safer Everyday Movement:** Daily tasks-such as maintaining balance on an icy surface carrying groceries, hoisting children and walking up a steep flight of stairs-are easier and less likely to result in an injury when your core stabilizers are strong.